

“Optimising Wellbeing. Combining the ME and WE .





Introduction

An environment for personal growth

“A Kindred spirit”

How to combine the ME and WE

Key Principles

Room for the selfish and egotistical too.

Balance

Fusion of ME and WE in real terms.

A Gameplan for LIFE.

A moment of self indulgence



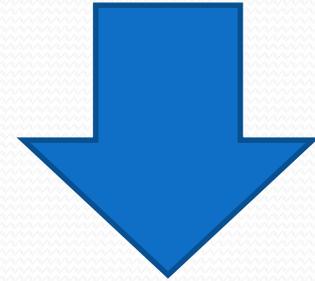
THE PATH FROM ME TO WE

The Tuff Of Flowers By Robert Frost



But he had gone his way, the grass all mown,
And I must be, as he had been,—alone,

‘As all must be,’ I said within my heart,
‘Whether they work together or apart.’



‘Men work together,’ I told him from the heart,
‘Whether they work together or apart.’

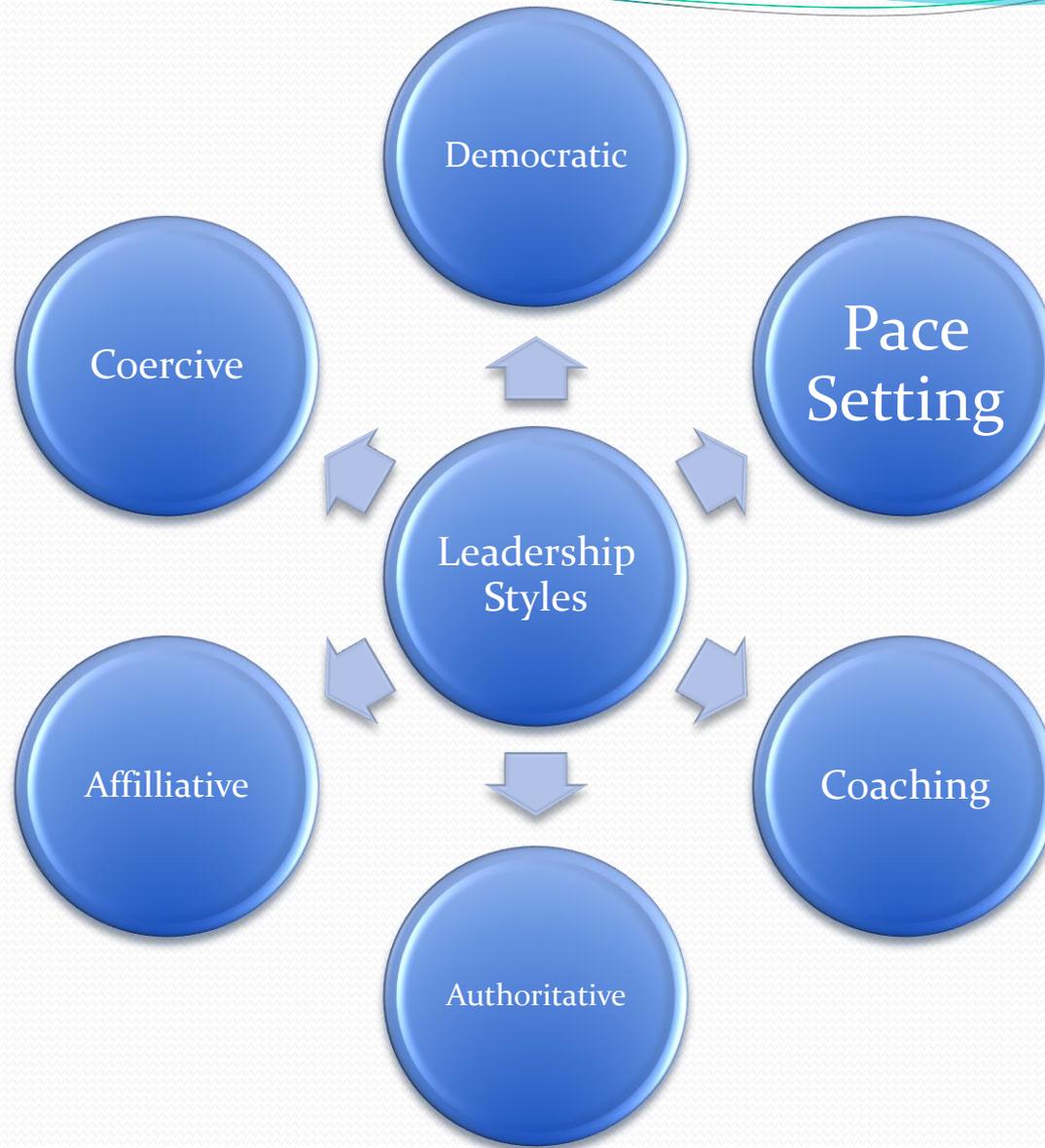
HOW TO BUILD RESILIENCE ME FIRST THEN WE

- Example
- Language/Body Language
- Honesty
- Integrity
- Inclusivity
- Authenticity
- Empathy

“Recognising uniqueness”

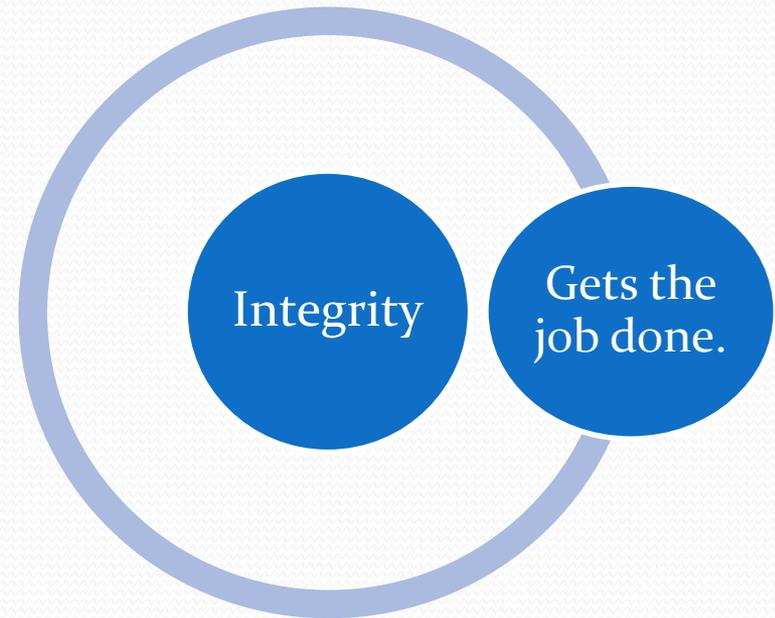
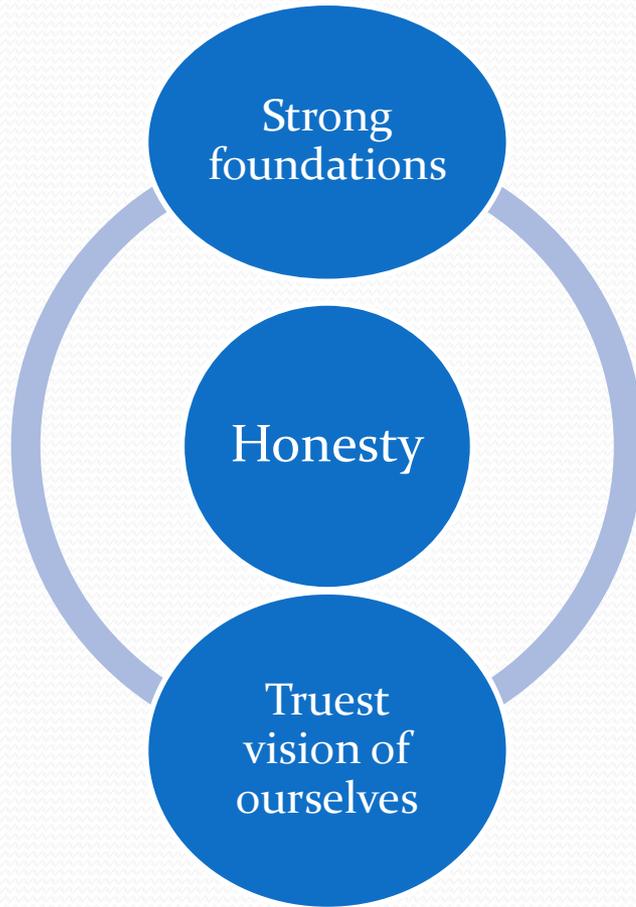
Leadership

The Quality of our actions
and the honesty of our
intent

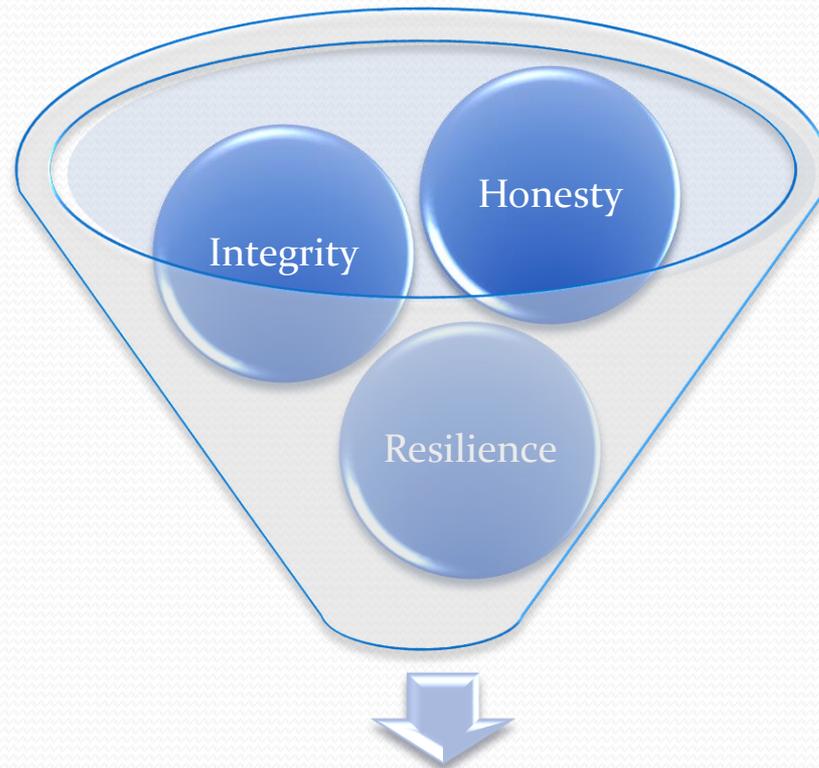




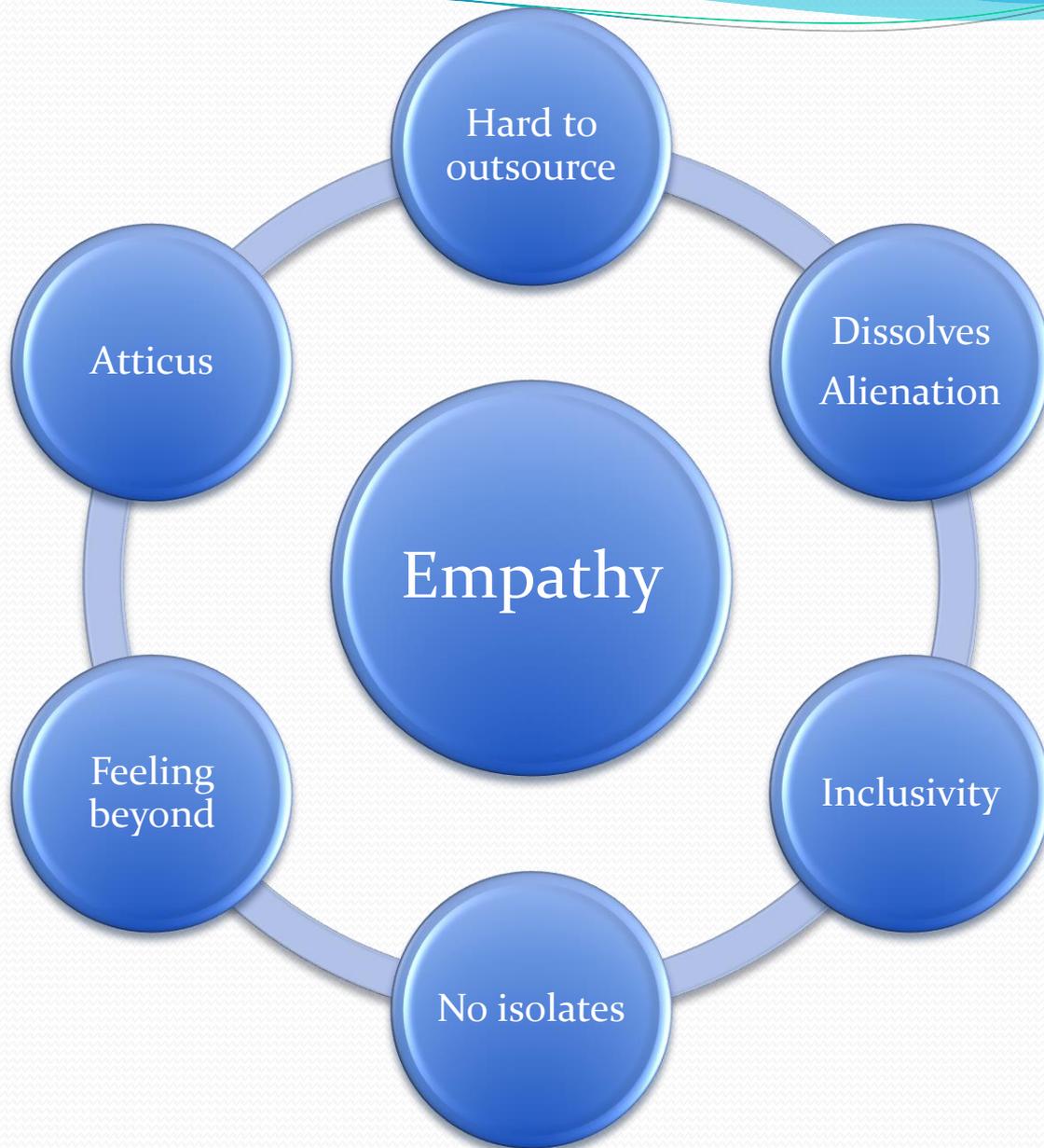
Authenticity begins with:

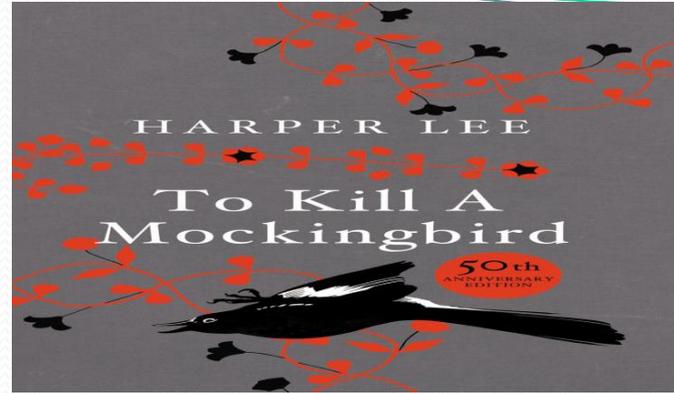


“If our values, thoughts, words and actions are aligned, then our word is our world”



Performance

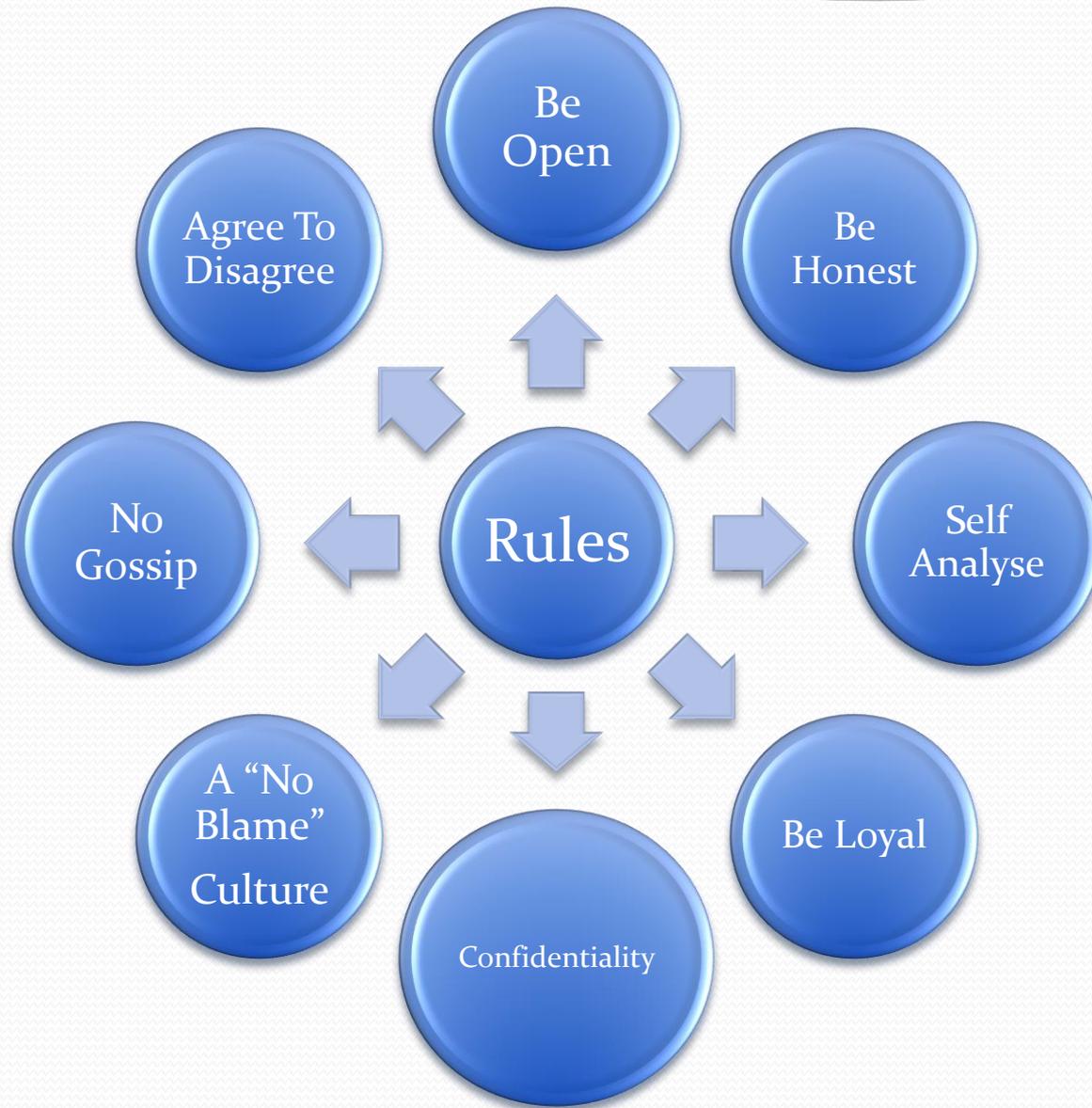




You never really understand a person until you consider things from his point of view... Until you climb inside of his skin and walk around in it.

*Atticus Finch -
to Kill A Mockingbird*





Resilience..what does it mean?

- The capacity to bounce back from adversity.
- Not just about recovery but preparing them to thrive.
- “The ability to accurately assess threats and opportunities and to allocate emotional responses accordingly”.
- “..an intangible, inner strength, a subconscious confidence that comes from knowing you could succeed in any field based on a support network of good and bad previous experiences”.

RESILIENCE DEALING WITH SETBACKS

- MACDUFF APPROACH “GRIEVE FIRST”.
- FOLLOW THE PROCESS .
- SALVATION LIES WITHIN.
- REVIEW
- CONSULT
- CLARITY
- COMMIT
- CHANNEL
- FEARLESS

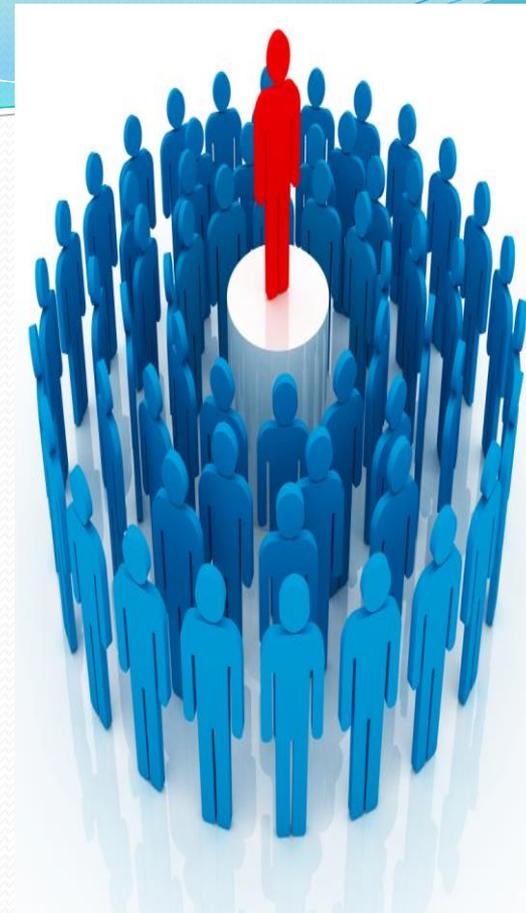


THE GROWTH MINDSET:

- Implicit in viewpoint re setbacks.
- Knowledge shared and understood.
- Balanced Approach.
- Recognising the challenges facing all parties



One Team



Your sense of place/history/culture



Mental Capacity

- Motivation
 - Goal setting –medium term
 - Determination
 - Pre-match preparation
 - Controlled breathing
 - Coping with Arousal and Anxiety
 - Goal setting – long term
 - Mental relaxation
 - Imagery
 - Coping strategies
 - Self-Awareness
 - Profiling

Life Lessons

- • Independent thinking
- • Ambition – career options
- • Self-identity
- • Role model
- • Principle-centred values
- • Life management
- • Self-reliance
- • Coping with failure
- • Self-reliance
- • Patience to achieve long-term goals
- • Positive use of Power /Influence
- • Life management

Balance

Emotion

Instruction



Mending Wall By Robert Frost



FOR ME AND WE TO WORK:

- Know your business.
- Importance of inclusivity /dynamic.
- Great idea by accident/Go with it/Sometimes.
- Alignment with all parties.
- Positive Paranoia./Evolving.
- Stalemate requires intervention.

Recommended Reading

- Edge by Ben Lyttleton.
- Legacy . James Kerr.
- The Pressure Principle. Dr Dave Alred.
- Black Box Thinking. Matthew Syed.
- To Kill a Mockingbird . Harper Lee.
- Carlo Ancelotti . Quiet Leadership.
- Win. Brent Pope and Jason Brennan.

Thank you

